



News From

Maggie Brooks

Monroe County Executive

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BROOKS LAUNCHES EMPLOYEE WELLNESS INITIATIVE

Program represents another “first” for Monroe County government

Monroe County Executive Maggie Brooks today kicked off a new wellness program for all County employees that will promote healthier lifestyles while protecting taxpayers through decreased health costs and increased workforce productivity. Brooks first announced the program in her State of the County Address last week.

*“With skyrocketing employee health care costs and a national epidemic of poor health, we are taking this important step forward in encouraging our workers to maintain a healthy lifestyle,” said **Brooks**. “Our first-ever wellness program will play a critical role in instilling positive choices, further reducing our County’s health care costs, and protecting the taxpayers of our community. This is a win-win.”*

The Monroe County Wellness Program includes a number of health-related events such as the Eat Well Live Well Challenge and the American Heart Association Heart Walk. In addition, the County will host monthly educational sessions on a variety of health topics, provide free blood pressure readings, as well as smoking cessation programs for employees.

Research has shown that wellness programs translate into fewer injuries, less human error, a more productive and positive office environment, and increased health awareness.

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Media Inquiries, contact:

Department of Communications at 753-1080